



Harris Teeter

Discovery

Inspiring your Culinary Journey



Visit harristeeter.com for recipes and savings!



Happy Halloween!

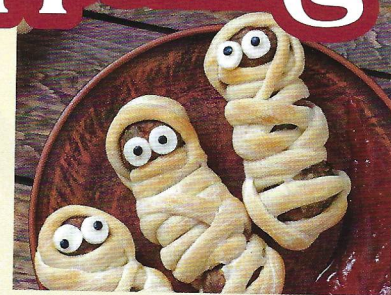
What's Inside:

- Organic Produce Savings
- More Ways to Save
- NEW! HT Traders Meals and Sides
- Kids' Activity Page

Discover What's Happening



Elevate your fall mornings



Mummy Meatballs

- 1 package Harris Teeter Homestyle Meatballs
- 2 packages Harris Teeter Crescent Dough
- 1 cup Marinara
- 1 tbsp. Tomato paste
- Candy eyes

Directions:

Step 1

Preheat the oven to 350° F.

Step 2

Microwave the meatballs on a plate until no longer cold, but not hot.

Step 3

On a rimmed baking sheet, place 8 triangles of the dough. Form into logs long enough to fit three meatballs each. Top with three meatballs. Cut the remaining dough into strips and lay them in a crisscross pattern, trimming off any excess dough. Leave space at the top for the eyes.

Step 4

Bake for 15-20 minutes or until the dough has cooked through and is golden. Gently press eyes on the meatball with tomato paste.

Step 5

Serve with warmed marinara sauce.

Spooktacular Savings

Look for big bag candy, decorations and more for your little ghosts and ghouls.



Happy Hallowine!



Celebrate the spirit of the season with your favorite wine.

every day
10%
half case discount

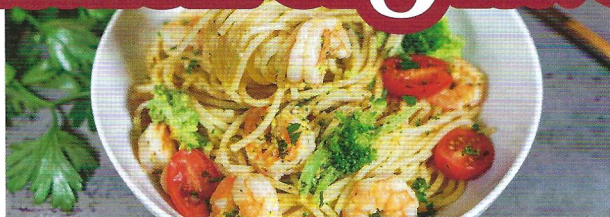
Visit us for the freshest of fall flavors!

Donuts, muffins and pretzel bites, along with apple cider are a must for this time of year!



Celebration of Flavors

Broken Spaghetti with Shrimp



Ingredients:

2 Tbsp. fresh parsley leaves, chopped
1 Tbsp. fresh mint leaves, chopped
1 tsp. hot pepper flakes
1 large garlic clove, minced
1 lemon, zested and juiced
Salt to taste
1 lb. frozen medium-size cooked shrimp, thawed

2 Tbsp. Filippo Berio Extra Virgin Olive Oil
1 cup frozen chopped broccoli or spinach, defrosted and squeezed dry
6 Private Selection Cherry Tomatoes, halved
1 lb. Private Selection Spaghetti or other long pasta, broken in half
Garnish with coarse ground pepper and extra herbs, if desired

Directions:

1. Combine parsley, mint, hot pepper flakes and garlic in a medium bowl. Stir in lemon zest, juice, and a pinch of salt. Add shrimp to the bowl and toss to combine. Let stand for five minutes.
2. Heat olive oil in a large skillet over medium-high heat and cook shrimp with marinade for 2 minutes. Stir in the broccoli (or spinach) and cook for 1 minute. Stir in tomatoes and cook for 1 minute. Keep warm.
3. In a large pot of boiling water, cook pasta according to package directions. Reserve $\frac{1}{4}$ cup of cooking water, then drain once cooked. Add pasta and reserved cooking water to the shrimp mixture. Reheat quickly until halt.
4. Season with salt and pepper and serve immediately.



Quality Olive Oil

With fruit and grass notes, Filippo Berio Extra Virgin Olive Oil is well-balanced with a slightly strong aftertaste.

Simple and Delicious

This pasta classic with delectable sauce brings the creamy flavor of Parmesan and Romano cheeses to your dishes.



Classic Ravioli

A creamy, rich filling that blends ricotta, mozzarella, provolone and asiago cheeses wrapped in tender egg pasta.



Real Italian Recipe

Made with only the best ingredients, and with no preservatives, Rosina meatballs are oven baked for a healthier choice.



Premium Quality

Made from vine ripened tomatoes, seeded and strained then fresh packed to preserve their fresh taste.



World Flavors Festival

Italian inspired

Olive Oils and their uses

Extra Virgin Heart Healthy

Robust Flavor

Dressing
Dipping
Drizzling
Marinating

Classic/Pure Olive Oil

Medium Flavor

Sautéing
Grilling
Roasting

Light/Extra Light

Mild Flavor

Stir Frying
Pan Frying
Baking



In food with love



SCAN TO LEARN MORE

Discover Fresh and Organic

Prices good October 9 - November 5, 2024.



1 lb.
Simple Truth Organic
Baby Carrots

2 for \$4



Select Varieties .5 oz.
Simple Truth Organic
Herbs

2 for \$4



2 lb. bag
Simple Truth Organic
Red and Yellow
Onions

3.99
each



3 lb. bag
Simple Truth Organic
Red, Gold, Russet or Sweet
Potatoes

4.99
each



5 oz.
Simple Truth Organic
Sliced Shitake
Mushrooms

4.99
each



2 ct.
Simple Truth Organic
Peppers

3.99
each



1 lb.
Simple Truth Organic
Mini Cucumber

3.99
each



1 lb.
Simple Truth Organic
Roma Tomatoes

2.99
each



Farmers Market
Organic Red or Green
Cabbage

1.79
per lb.



2 lb. bag
Simple Truth Organic
Gala Apples

4.99
each



2 lb. bag
Simple Truth Organic
Honeycrisp Apples

5.99
each



2 lb. bag
Simple Truth Organic
Bartlett Pears

4.99
each



Simple Truth Organic
Red, Green or Black
Grapes

3.99
per lb.



14 - 16 oz.
Simple Truth Organic
Tofu

2 for \$6



2 oz.
VIVE Organic
Wellness Shots

2 for \$6



64 oz.
Simple Truth Organic
Juices

3.29

save at least 50¢ each with your VIC card



1 oz.
Simple Truth Organic
Mild Chili Seasoning

.99

save at least 20¢ each with your VIC card



21 oz. - 6 ct.
Simple Truth Organic
Microwavable Popcorn

4.69

save at least 60¢ each with your VIC card



4 pk.
Simple Truth Organic
Canned Tomatoes

4.99

save at least 70¢ each with your VIC card



24 oz.
Simple Truth Organic
Steel Cut Oats

3.99

save at least 50¢ each with your VIC card



3.14 oz.
Simple Truth Organic
Fruit & Veggie Bites

3.99

save at least 50¢ each with your VIC card



12 oz.
Simple Truth Organic
Honey

4.49

save at least 50¢ each with your VIC card



6 pk.
Simple Truth
Hydration Packets

9.99

save at least \$3.00 each with your VIC card

Shopping Mindfully

The choices you feel good about right here...
organic, natural, free from, responsibly
sourced and more.



16 oz.
Simple Truth
No Sugar Added
Frozen Desserts
3.99 VIC SAVINGS

save at least 40¢ each with your VIC card



16.5 oz.
Crofter's
Organic Spreads
5.99 VIC SAVINGS

save at least 50¢ each with your VIC card



6 - 17 oz.
Gimme Organic
Seaweed Snacks
4.99 VIC SAVINGS

save at least \$2.00 each with your VIC card



16 oz.
Verde Organic
93/7 Ground Beef
8.99

save at least \$1.00 each with your VIC card



8 oz.
Jovial Organic
Cassava Pasta
4.49 VIC SAVINGS

save at least \$1.00 each with your VIC card



6 oz.
Jovial Organic
Mac & Cheese
3.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



12 oz.
Jovial Organic
Brown Rice Pasta
3.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



32 oz.
Jovial Organic
Einkorn Flour
7.99 VIC SAVINGS

save at least \$2.00 each with your VIC card



8 oz.
Lesser Evil
Popcorn
5.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



10 oz.
Tasty Bite
Organic Entrees
2 for \$7 VIC SAVINGS

save at least \$1.58 on 2 with your VIC card



17 oz.
Terra Delyssa Organic
Extra Virgin Olive Oil
12.99 VIC SAVINGS

save at least \$2.00 each with your VIC card



13.66 oz.
Thai Kitchen Organic
Coconut Milk
4.69 VIC SAVINGS

save at least 80¢ each with your VIC card



16 bags
Traditional Medicinals
Organic Tea
4.99 VIC SAVINGS

save at least \$1.50 each with your VIC card

Shopping Made Easier

The items you want have
attribute icons displayed
on the tag

4.29

 MI DEL GF WF GINGER SNAPS

\$2.99

 .062 PER OZ

 PRICE GOOD THRU 06/27/23

SAVINGS

 WITH YOUR VIC CARD

\$1.98

24 oz.
Carbone
Pasta Sauce
6.99 VIC SAVINGS

save at least \$3.00 each with your VIC card

NON
GMO



17 oz.
Three Bakers Frozen
Whole Grain Bread
7.49 VIC SAVINGS

save at least \$1.00 each with your VIC card

GLUTEN
FREE



15.7 oz.
Daiya Frozen
Pizza
7.99 VIC SAVINGS

save at least \$3.50 each with your VIC card

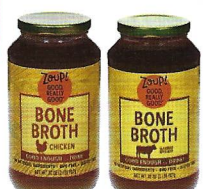
GLUTEN
FREE



32 oz.
Zoup
Bone Broth
6.49 VIC SAVINGS

save at least \$1.50 each with your VIC card

NON
GMO



Ask the Pharmacist

Are there any lifestyle factors or underlying health conditions that may contribute to sleep disturbances, and how can individuals address them?

Lifestyle factors include:

- Consuming caffeine, alcohol, and other fluids before bedtime
- Inconsistent work schedules, such as alternating evening and morning shifts
- Stress
- Aging
- Certain health conditions, such as heart disease, asthma, or neurological disorders like dementia
- Mental health conditions like depression and anxiety

Addressing sleep disturbances:

- Increased physical activity can help reduce stress and improve symptoms of depression/anxiety
- Establish a consistent routine to ensure adequate rest, going to bed at the same time each day
- Avoiding the television and electronic devices before bedtime
- Cognitive behavioral therapy can help control thoughts or actions that may be preventing restful sleep

Harris Teeter
health and wellness

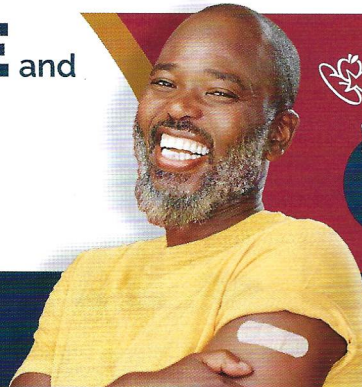


get your **FLU VACCINE** and
SAVE \$5.00
ON YOUR GROCERIES

► Offer good through October 31, 2024.

SAVE \$15.00 ON YOUR GROCERIES
when you get a flu vaccine and **any** other vaccine in the same visit

COVID AND RSV VACCINES ARE ALSO AVAILABLE



Harris Teeter
Pharmacy

plus...
earn
50
fuel points



SCAN TO SCHEDULE
AN APPOINTMENT

CARE meets CONVENIENCE

Restrictions apply. Ask pharmacist for details.

Balance Your  Health & Wellness with Essentials & Good-for-you Foods

**Rich, creamy goodness of dairy
with 100% natural ingredients**

Deliciously lactose free Greek yogurt paired with fruit or honey.



- NEW FAGE BestSelf Split Cups!
- Non-GMO Project Verified
- Protein-rich

**Whole-body
Care**

Relaxing body wash with 24-hour Renewing MicroMoisture. Nourishes and boosts skin with hydration in just one shower.



Hypoallergenic

The #1 tissue trusted by teachers* and Ultra Soft™ Tissues have 3 thick layers that softly comfort skin and keep hands protected all school year long.

*Based on TeacherLists

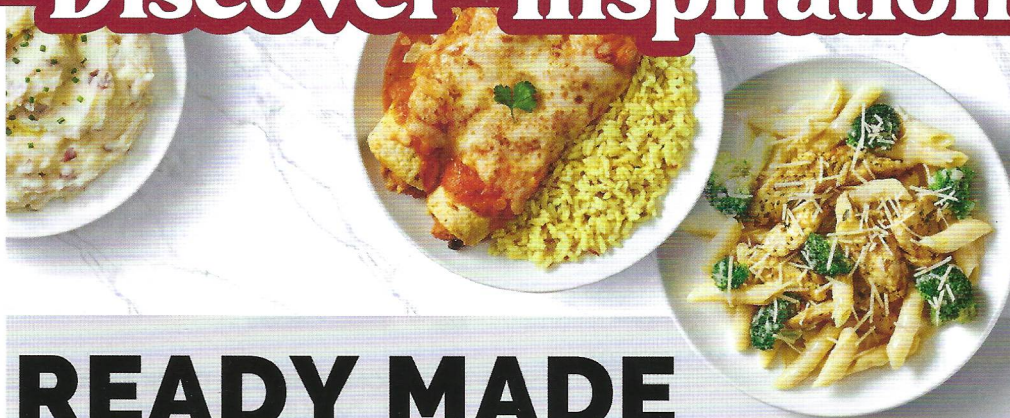


**Ultra
Soft**

Removes up to 99% of makeup. Lifts away dirt, oil and sunscreen.



Discover Inspiration



HT Traders™
DISCOVER • INSPIRE • ENJOY

READY MADE MEALS AND SIDES

Delicious meals & sides curated for you, to make dinner easier.

FIND THEM IN OUR FRESH FOODS DEPARTMENT



BE SURE TO
CHECK OUT

WHAT'S

NEW



20g protein,
0g added sugar -
everything you
need and nothing
you don't.



Take your
menu to
the next
level with
these new
McCormick
spices!

NEW

200mg caffeine
for energy and
Gatorade
Electrolytes.
Zero sugar,
natural flavors,
no artificial
colors.



NEW



Real Potatoes,
Real Easy®

NEW



Tastes like an egg should,
from hens who roam free.

NEW

Monster
Energy
Ultra Vice
Guava!
Zero Sugar,
Full Flavor!



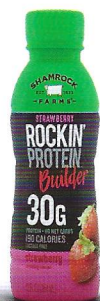
NEW



Single-serve protein
packed frozen bowls

NEW

Packed with
30G of quality
natural protein.
No chalky
aftertaste, no
added sugars,
low calories and
it's lactose free.



NEW

Whole Body
Deodorant.
24/7
Freshness.
Available in
Cream, Stick,
or Spray.



NEW

Blink™
NutriTears®
Hydrates eye
from within for
long-lasting
relief*



*Based on a
clinical study

These statements have not been
evaluated by the Food and Drug
Administration. This product is
not intended to diagnose, treat,
cure, or prevent any disease



Harris Teeter
YOUR NEIGHBORHOOD MARKET

Discover Fun!

THREE WORDS GAME

Think of three words for each Halloween category

GAMES

SPOOKY THINGS

MONSTERS

FOODS

ANIMALS

CANDIES



KIDS GET A
FREE
COOKIE
IN THE BAKERY

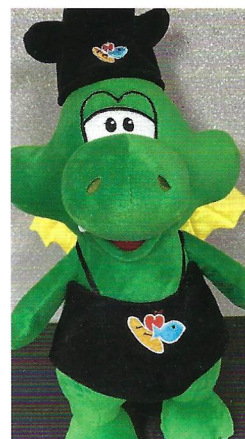
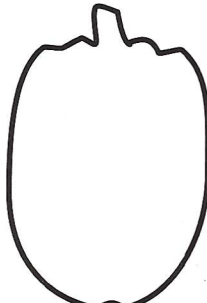
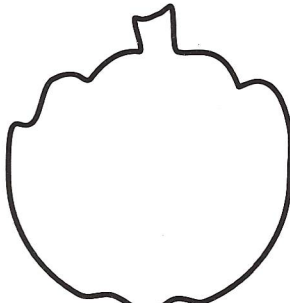
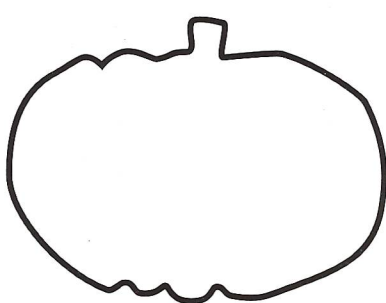
SOMETHING TO THINK ABOUT:
"WOULD YOU RATHER?"

Would you rather get sour candy or
get sweet candy?

Would you rather be a black cat or
be a vampire bat?



Draw some funny pumpkin faces



**Harry
The
Dragon
Plush
now in
stores!**

While
supplies last.

- ways to -
SAVE
my Harris Teeter

visit harristeeter.com
to find out more
about these programs

Download the App
to shop and save easier!

Use the Harris Teeter App to:

Shop Online | Clip Digital Coupons | Track Fuel Points
View Weekly Specials | Refill Prescriptions



SAVE UP TO \$1.00
PER GALLON*

Earn points every time you shop using your VIC card.

*Terms & conditions apply.

eVIC

Register for personalized
e-mails, unique savings and
access to digital coupons.

SAVE \$100's
every month when you join

Join **HT Plus** and get ready for an easier way to **SAVE**

2X **FUEL POINTS**

on all eligible orders.

FREE
delivery*

Exclusive access to over
\$100 in
savings

*Restrictions apply. Visit harristeeter.com for details.